

# Neck Length Difference

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Your neck is (IE) feet longer than the typical range for your ancestry. This allows you to see over some obstacles, but because the neck and spine are vulnerable, you take (IE) extra damage from bludgeoning and slashing damage. You also have a -(IE) penalty to attempts at disguise or blending into a crowd.

## Real-world Examples

This is a fantasy trait and has no real-world analog, although the Kayan people of Myanmar wear heavy brass rings or coils that, from childhood onward, push the shoulders down, giving the appearance of a long neck, and can be uncomfortable when removed.

## Assistive Options

A custom cloak can attempt to disguise this condition with an opposed Charisma (Deception) check made with disadvantage and a -(IE) penalty.

## Magical Assistance

Spells like [Seeming](#) can attempt to temporarily mask this condition, but it does not eliminate the damage penalties.